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Purified human SDF-5 proteins and processes for producing them are disclosed. DNA molecules encoding the human SDF-5 proteins are also disclosed. The proteins may be used in regulating the binding of *Wnt* genes to their receptor. In preferred embodiments, the proteins may be used for inducing formation, growth, differentiation, proliferation and/or maintenance of chondrocytes and/or cartilage tissue, and for other tissue repair, such as pancreatic tissue repair.